

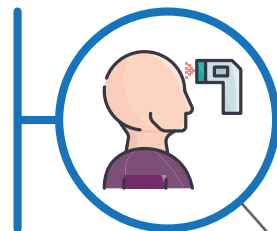


MENTAL HEALTH

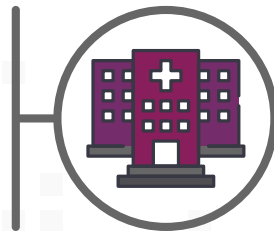
SAFETY MOMENT

Steps You Should Take to Cope with Stress

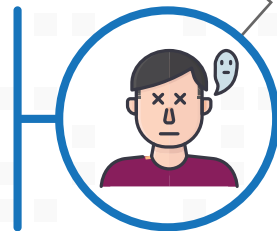
Know what to do if you are sick and concerned about the pandemic -
Reach out to a professional before starting any self-treatment.



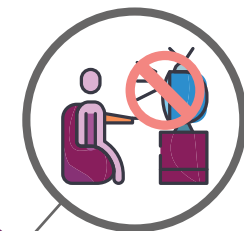
Know where and how to get help and treatment -
Attend counselling or therapy sessions (in-person or through telehealth)



Take care of your emotional health -
Think clearly and react quickly to urgent needs to protect yourself and family



Avoid watching, reading or listening to news stories on the pandemic -
News on the pandemic can be upsetting



Take care of your physical health -
Eat healthy, exercise regularly and get plenty of sleep



Unwind and connect -
Try doing activities you enjoy and talk with people you trust about your concerns

